

## Review of Phytochemicals: Aging and Health

**Phytochemicals: Aging and Health.** Edited by M. S. Meskin, W. R. Bidlack, and R. K. Randolph (California State Polytechnic University at Pomona and Access Business Group, respectively). CRC Press/Taylor & Francis Group, Boca Raton, FL, USA. 2008. xx + 205 pp. 16 × 24 cm. \$139.95. ISBN 978-1-4200-6137-6.

This book comprises 11 chapters based on presentations made at the sixth International Phytochemical Conference, “Phytochemicals: Aging and Health”, held in October 2006. As such, it is a snapshot of the state of research on some aspects of the impact or involvement of some phytochemicals in the process of aging or the health of aging populations in 2006.

The strengths of the book lie in Chapter 1, an assessment of how improvements in both longevity and quality of life have been achieved, the challenges associated with a rapidly increasing elderly population, and identification of six areas for research; reports on flavanoids (Chapters 2, 3) and carotenoids (Chapters 3, 5); detailed studies of green tea (Chapter 7) and pomegranate (Chapter 8); and studies on various approaches to utilizing genetics to guide the development or use of phytochemicals in aging populations (Chapters 4, 9, 11).

Somewhat surprising is the absence of any chapters on resveratrol, the “rising star” of antiaging phytochemicals; ginkgo biloba, one of the most popular botanicals for maintenance of cognitive function; and huperazine, another phytochemical with significant potential as an anti-Alzheimer disease agent. Structural drawings are not uniformly prepared throughout the book, and a few figures of cells and tissues are rather small or not well contrasted, but these are not serious detractors from the overall value of the book.

This book will be useful to researchers in the botanicals industry and academic groups studying various aspects of naturally occurring antioxidant, anti-inflammatory, and antiaging phytochemicals.

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